

FOOD FOR HEALTH *

"What we eat has a great deal to do with what we are. Many recent discussions of what we should eat have rightly emphasized the 'protective foods' which authorities on nutrition agree are essential, if health is to be maintained.

Milk and eggs, vegetables and fruits, bread and cereals, fats and sugar, meat and fish are, all of them, necessary kinds of food.

A wholesome, inexpensive, yet an adequate diet, can be provided if we understand and use a few fundamental principles in the selection of it. First, we must know how much of each kind of food is needed. This should be decided by the age and activity of the individual. Second, we must know which foods are most appetizing, yet inexpensive. For without this element of appeal to the palate any dietary is likely to be ineffective. Lastly, variety is the spice of life. This important element must never be overlooked. The problem is to get variety and still not overlook the essential elements for growth and development.

Public welfare officials are making every effort to provide adequate food for families under their care. Their problem is to keep the cost at the lowest possible amount consistent with the requirements of adequate food allowances.

Many parents in families *not* receiving public relief are likewise interested in this same problem.

At the request of the temporary Emergency Relief Administration of New York State, experts on nutrition have prepared and published standard food allowances for families of different sizes. These experts in the field of nutrition agree that it is important for the health of the family to provide the following amounts of food for each individual:

1. *Milk*.—One quart of milk should be allowed daily for each child under sixteen years of age, for each undernourished adult and for each nursing mother or pregnant woman. One pint of milk should be allowed for each other member of the family. This amount includes milk drunk and used in cooked foods. It may be fresh milk, preferably pasteurized, or unsweetened evaporated or dried milk, depending on local prices and conditions. (One tall can of unsweetened evaporated milk is equal in food value to one quart of pasteurized fresh milk.) Under any and all circumstances, at least one pint of milk a day should be provided for each individual in the family.

2. *Vegetables and Fruits*.—Vegetables and fruits are essential for health. A safe allowance provides at least six pounds of vegetables per person weekly. This allowance should include at least three pounds of potatoes and some cabbage, the remainder being chosen from vegetables and fruits listed in food orders. In addition, not less than one-half can of tomatoes and one-half to three-fourths of a pound of dried beans, peas, or dried fruit should be allowed per person, each week.

3. *Bread and Cereals*.—Four to five pounds of bread and cereals should be allowed per person each week, including some whole wheat bread and some whole grain cereal, such as oatmeal.

4. *Fats and Sugars*.—One-half to three-fourths of a pound of fat and not over three-fourths of a pound of sugar or its equivalent in other sweetening should be allowed for each person each week.

5. *Eggs and Meat*.—This allowance should include at least three eggs per week for each child under six years of age. When eggs are inexpensive, they should be provided liberally, but no child under six should have more than one egg daily.

The allowance should include at least one pound of inexpensive meat or fish and a small amount of cheese per person a week.

6. *Sundries*.—In addition, an allowance should be included for sundries. These should include seasonings, cocoa, tea and coffee.

* From the New York State Department of Health.

7. *Cod-Liver Oil*.—Authorities on nutrition recommend cod-liver oil should be included in the diet of all children under two years of age and that it should be given to all young children who are not well nourished.

A practical trial of the standard food allowances recommended has determined that food, sufficient to provide attractive, as well as filling meals for two persons, cost at current retail prices, \$3.30 per week in New York State.

TWENTY-FIVE YEARS AGO *

EXCERPTS FROM OUR STATE MEDICAL JOURNAL

Vol. VI, No. 4, April, 1908

From some editorial notes:

A Good Program.—The completed program of the coming meeting of the state society, which will be held at Coronado, April 21, 22, and 23, will be found on another page and is worth your careful consideration; it offers subjects of great and general interest presented by many men whose words will command the respectful attention of all. . . .

Sanitation or Politics?—If the first thought in the mind of everyone connected with the city administration, from the mayor down, is "politics," "how will this affect votes?"—what hope is there for a proper administration of the sanitary laws of the city and the ultimate eradication of plague? Can you see very much hope? . . .

Program of the Thirty-Eighth Annual Meeting.—Below is given the program of the thirty-eighth annual meeting of the Medical Society of the State of California. . . .

Tuesday, April 21, 1908

Morning Session—9:30

Address of welcome by the chairman of the Committee of Arrangements, Dr. F. R. Burnham, San Diego.

1. Dr. George H. Evans, San Francisco.
"President's Address."
2. Dr. William B. Wherry, San Francisco.
"The Pathology and Bacteriology of Plague."
Demonstration of specimens.
3. Dr. Rupert Blue, United States Marine Hospital Service.
"The Eradication of Plague."
4. Dr. F. M. Pottenger, Monrovia.
"Fourth Annual Report from the Committee on Tuberculosis."
5. Dr. Dudley Tait, San Francisco.
"First Annual Report from the Committee on Medical Education."
- 5a. Dr. Lincoln Cothran, San Jose.
"Annual Report from the Board of Medical Examiners."

Symposium on Pure Food

6. Dr. Fitch C. E. Mattison, Pasadena.
"First Annual Report from the Pure Food Commission."
7. Dr. Titian J. Coffey, Los Angeles.
"The Tenement House Problem."
8. Dr. George H. Kress, Los Angeles.
"The Pure Milk Question. (a) Inspected Dairies. (b) Certified Dairies."
9. Dr. Stanley P. Black, Pasadena.
"Meats, Fruits, and Vegetables."
10. Dr. Luther M. Powers, Los Angeles.
"Bakeries and Restaurants."
11. Dr. William Freeman Snow, Palo Alto.
"Water Supplies."

* This column strives to mirror the work and aims of colleagues who bore the brunt of society work some twenty-five years ago. It is hoped that such presentation will be of interest to both old and recent members.

Plague.—The *Military Surgeon* for March contains a very interesting article on "Plague in India" by Major Arthur Henry Moorehead of the Indian Medical Service. . . .

The annual mortality from plague in India since 1896 has been as follows:

1,704 (1896)	577,000 (1902)
56,000 (1897)	851,000 (1903)
118,000 (1898)	1,022,000 (1904)
135,000 (1899)	951,000 (1905)
93,000 (1900)	332,000 (1906)
274,000 (1901)	

A new suggestion, I believe of the Salvation Army, is to import a shipload of cats to India to kill rats.

From an article on "Some Points on the Symptoms and Localization of Intestinal Obstruction Due to Carcinomata, with Report on Four Cases" by Ray Lyman Wilbur, M.D., Stanford University.

In presenting the record of these cases, and the pathological specimens obtained from them, it is my intention to touch only upon the features of each that seem pertinent to diagnosis. They all offer, at some stage, symptoms of partial occlusion of the lumen of the intestine. . . .

From an article on "Impressions of the Killian Clinic" by Charles G. Levison, M.D., San Francisco.

My visit to the Killian clinic was made for the purpose of familiarizing myself with the technique of bronchoscopy, and no time was lost in getting to work. . . .

The course on bronchoscopy is given by Doctor Bruennings, Killian's first assistant, and he is entitled to more than a passing mention, for it is to him all the credit is due for the recent modifications of the Killian equipment. . . .

From an article on "Bronchoscopy" by E. C. Sewell, M.D., San Francisco.

As the instruments used in bronchoscopy and esophagoscopy and the technique of their use have been ably described this evening, I wish to speak upon the value of the method as a means of diagnosis, and also to call attention to the diagnostic features, which should lead us to consider the use of them necessary. . . .

From an article on "Indications for Operations on the Stomach" by Wallace I. Terry, M.D., San Francisco.

Within the past few years many articles have appeared in the literature on the surgery of the stomach, but the subject is such an important one that I felt it might not be amiss to consider a few phases of it and more particularly the indications for operative measures.

From an article on "Our Lack of Business Methods" by K. C. Park, M.D., San Jose.

It is a notorious fact that physicians are known as poor business men, and we have justly earned the title. If men in the mercantile business tended their affairs and made as little of business opportunities as the physicians do of the opportunities that surround them, it would not take long for their fellow merchants to make comments on their lack of sagacity in the business world.

County Societies:

San Francisco County.—Dr. Philip Mills Jones discussing paper read by Doctor Blue on the pathology of plague:

"I would like to supplement what Doctor Blue has said by a few words. Doctor Blue had practically despaired of securing any public interest in this subject, which we would think one of the most vital to anyone living in San Francisco, when, about two weeks ago, he in company with a committee of the state society had a joint session with the directors of the Merchants' Association and the Merchants' Exchange. As a result of that meeting, the fear of the wrath of God was put into the hearts of the Front Street merchants, and they got very busy. . . .

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

By GILES S. PORTER, M. D.

Director

Large Population Served by Full-Time Health Units.—There are at present fourteen full-time county health departments in California and, in addition, ten cities with full-time organizations independent of county units. The territory included in these county units at this time is as follows:

1. **Contra Costa County.**—All unincorporated territory and all incorporated towns except Antioch, El Cerrito, Pittsburg, and Richmond, or 41,472 of the 78,608 population.

2. **Imperial County.**—The unincorporated territory and El Centro and Westmoreland, or 38,910 of the 60,903 total population.

3. **Los Angeles County.**—The unincorporated territory plus thirty-seven of the forty-five incorporated towns and cities. Of the eight not included in the unit, Long Beach, Los Angeles, and Pasadena maintain independent whole-time health departments. The population under the county health department is 694,635. The total population for the county is 2,208,492.

4. **Madera County.**—All territory within the county, including the unincorporated towns, a complete unit of 17,164 population.

5. **Monterey County.**—All territory within the county boundaries except Salinas, 43,442 of the total 53,705.

6. **Orange County.**—All territory including the incorporated towns and cities, a complete unit of 118,674 population.

7. **Riverside County.**—Only the unincorporated territory. The city of Riverside maintains a separate full-time health department and the health officer of the county unit is also health officer of the city. This health officer, therefore, serves 63,208 of the total 81,024 population.

8. **San Bernardino County.**—Only the unincorporated territory is included in this unit, or 48,028 of the total 133,900 population.

9. **San Diego County.**—The unincorporated territory plus La Mesa, National City, and Oceanside constitutes the county health department, while the city of San Diego maintains a separate full-time organization. Both are under the same health officer, who serves 193,381 of the 209,659 population in the entire county.

10. **San Joaquin County.**—All territory within the county, a complete unit of 102,940 population.

11. **San Luis Obispo County.**—All territory within the county, a complete unit of 29,613 population.

12. **Santa Barbara County.**—All of the unincorporated territory and the incorporated towns with the exception of the city of Santa Barbara, which maintains an independent whole-time department. Thirty-one thousand five hundred and fifty-four of the total 65,167 population are under the county unit.

13. **Stanislaus County.**—The unincorporated territory plus all of the incorporated towns except Newman, Patterson, and Turlock, or 50,191 of the total 56,441 population.

14. **Yolo County.**—The Woodland Clinic provides full-time health service for the entire county with the chief of the hospital staff as health officer. The population of this county is 23,644.

Throughout this discussion the population figures as determined by the 1930 census have been used. In addition to these county units, the following cities maintain full-time health departments: Berkeley, Oakland, Palo Alto, Pasadena, Long Beach, Los Angeles, Sacramento, San Francisco, San Jose, Santa Barbara. This entire group of fourteen counties and ten cities provides the benefits of established public health practice for 4,152,254 of the 5,677,251 persons in this State, or 73.13 per cent of the total population. This number of organized health departments materially affects the work of the state department. It is only the extensive outbreak of the very unusual epidemic